

5 a Day-Power Play!

News



The Scoop on Soda

Soda is a very popular drink in the U.S. In fact, soda consumption has nearly doubled over the past 20 years. Studies show that teenage girls drink about 1.7 12-ounce cans of soda every day, and teenage boys drink about 2.2 12-ounce cans every day. This adds up to 800 cans of soda each year.

There are a variety of problems associated with drinking these large amounts of soda. Drinking too much soda has become a major health concern; it can replace nutritious foods such as fruits, vegetables, and low-fat milk. This can have a negative impact on health.

Another problem with drinking large amounts of soda is that it provides kids with extra “empty calories” that

their bodies don’t need. Children are getting 8% of their total calories and 40% of the recommended daily amount of sugar from soda. Per year, people in the U.S. consume 154 pounds of sugar! This number has increased by about 55 pounds in the past 10 years.

Studies show that the increase in soda consumption is contributing to childhood obesity. Childhood obesity increases the chances of developing Type 2 Diabetes, heart disease, stroke, and other chronic diseases. Studies show that kids who eat lots of sugar do not get enough protein, vitamin E, B vitamins, zinc, and iron. Drinking lots of soda instead of milk can also lead to bone fractures and osteoporosis. Since kids are drinking two times as much soda as milk, this is a serious problem.

Tips on Limiting Soda in Our Diets

As a parent, you have control of when your kids can drink soda and how much they are allowed to drink, if they drink it at all. Here are some tips on limiting soda:

- Don’t have soda in the house. If your child is thirsty, offer them 100% juice, low-fat milk, or water instead
- Choose certain times for kids to drink soda, such as birthday parties or other special occasions
- Don’t allow your kids to buy soda from the vending machines at their school
- If you are at a fast-food restaurant, order low-fat milk or 100% fruit juice instead of soda
- Be a good role model for your child. If you drink a lot of soda, your child will want to drink it more frequently as well

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Milk versus Soda

- Only 1 in 5 kids gets the minimum amount of calcium needed every day.
- Studies show that girls who drink soda are 5 times more likely to develop osteoporosis
- Milk is a good source of the calcium necessary for healthy bones & teeth

Remember, children & adults need at least 5 servings of fruits & vegetables & 60 minutes of physical activity everyday for better health!

For more information about the **5 a Day-Power Play! Campaign**,

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Or visit our website at

www.sbcounty.gov/eatwell